DON'T BE AFRAID OF DEL TORO
MASTER OF HORROR IS A CUDDLY GUY {page 14}

SUMMER QUICHE
CLASSIC DISH IS PERFECT FOR THE PATIO {page 19}

BAD GIRL FILM NOT GOOD TO GO WITH LILO
{page 16}

CALGARY metro®
Monday, August 22, 2011
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News worth sharing.

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SEE PAGE 3

ALEXANDRE MENEGHINI/THE ASSOCIATED PRESS

▶ A woman celebrates earlier today the capture in Tripoli of Moammar Gadhafi's son, Seif al-Islam, at the rebel-held town of Benghazi.

Locals rejoice over Libya

▶ Reports suggest two of Moammar Gadhafi's sons have been captured ▶ The ex-Libyan leader's whereabouts are unknown

JEREMY NOLAIS
@METRONEWS.CA

As Libya's capital city appeared to slip from the grasp of longtime leader Moammar Gadhafi, Calgarians with ties to the country waited anxiously and expressed hope for the future.

"Tripoli is everything," said local resident Mohamed Tamer of the city as rebel forces advanced into it and surrounded the government compound.

Tamer had been keeping in touch with family members in the Tripoli, which is home to nearly half of the North African country's population.

"They are nervous," he said. "I am trying to encourage them to be patient — things will be resolved soon."

Reports from Libya suggested rebel fighters were in a euphoric state as they gained ground in key neighbourhoods across Tripoli. Ignoring threats from pro-Gadhafi snipers perched on buildings high above, anti-regime protesters flooded the streets to celebrate.

Hesham Zegali sat with his wife in their Calgary home watching the historic events unfold on television.

He moved to Canada three decades ago, but the bulk of his family remains in Tripoli. Zegali managed to get through to some relatives yesterday morning.

"They told me 'Just pray for us,'" he said. "So far they are doing all right and they see our flag flying."

Here at home, Zegali and dozens of fellow Libyans have helped lead routine anti-Gadhafi protests at city hall over the past few months as forces locked in a bitter civil war that claimed many lives.

When the fighting is over, Zegali says those protests will turn into a celebration.

"It will be like winning the World Cup or hockey championship," he said. "It's been 42 years of suffering. It's time to celebrate this."

WITH FILES FROM THE CANADIAN PRESS

Living in Libya

- **Tough.** Calgary's Mohamed Tamer described living conditions in Tripoli as "very tight, very tough." He highlighted rising costs and scarce supplies as the biggest challenges facing residents.
- **Hope.** Both Tamer and fellow Calgary resident Hesham Zegali expressed hope that once rebels captured Tripoli, preparations would be made for democratic elections.

More on Libya {page 8}

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Pedestrian killed in N.W. collision

One man died yesterday after being fatally struck by a vehicle in the city's northwest.

Shortly before 10 a.m., an 83-year-old man driving a 2004 Toyota Camry struck a 62-year-old man as he was crossing at the intersection of 20 Avenue and 18 Street Northwest.

The victim was taken to the Foothills Hospital but was later pronounced dead. The driver involved in the collision was not injured.

Police are investigating the cause of the incident.

METRO

Back-country rollover sends women to hospital

RCMP say alcohol was a factor in a rollover on a back-country road that sent two women to hospital Saturday evening.

Cochrane RCMP responded to a single-vehicle collision on the Trans Alta Road around 7:20 p.m. Once on scene, they discovered a 27-year-old female passenger from Calgary had been ejected from the vehicle, while the 21-year-old driver remained in the vehicle.

The driver was listed in critical condition, while the passenger was in serious but non-life-threatening condition. METRO

KATIE TURNER/METRO

▶ Julie Barton cruises down Memorial Drive during yesterday's Bow River Flow. Barton was one of thousands who took part in the third annual event.

Bow River Flow floods Calgary streets

Eastbound lanes of Memorial Drive closed to traffic between 10 Street N.W. and Centre Street ◐ Event was contentious when first approved

KATIE TURNER
@METRONEWS.CA

Whether on two wheels or two feet, Calgarians flooded Memorial Drive yesterday in the name of sustainable transportation at the Bow River Flow.

This year's event stretched along a more-than-four-kilometre route from Kensington to Chinatown.

"We're really thrilled with the growth," said coordinator Gerald Wheatley. "It's an important opportunity for our cycling strategy, for example, to make our streets as safe as possible for bikes."

Olympic speed skater and festival supporter Kristina Groves said reducing traffic flow to two lanes on Memorial Drive is worth a minor traffic headache.

"It's sort of a statement about the city that we're starting to think more about the issue of sustainability, and it's one day out of the year," she said, moments after competing in a mini-bike race.

"I think it's really important that people recognize you can get around this city pretty easily in something other than your car."

Sustainability

- It's estimated 6,000 people attended last year's event and Gerald Wheatley said this year's attendance was expected to be higher with twice as much programming.
- For a photo gallery of the Bow Flow, visit metronews.ca/calgary

1 news

Rather embarrassing data leaks highlight the risks of storing medical records online. Scan code for story.

On the web at metronews.ca

A Canadian citizen gets a rude surprise after attempting to sponsor his parents to Canada. Guidy Mamann has more at metronews.ca/immigration

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Calgarian plans flash mob proposal

Man seeks dozens to serenade would-be fiancee Couple to travel from N.Y.C. for surprise event

CONTRIBUTED

▶ Shane Campbell, right, and his partner of two years, Lyndsey, are seen in Lake Louise in this undated photo.

Far from his home in the bustling Big Apple, a former Calgary resident is pinning his marriage-proposal hopes on the quaint surroundings of Lake Louise.

Oh, and the willingness of dozens of strangers to belt out U2's All I Want Is You at the top of their lungs.

Shane Campbell said the idea of a flash-mob proposal popped into his head while watching television with his would-be fiancee, Lyndsey. Her last name is being withheld to avoid having someone spill the beans.

"She really loves the area," Campbell said. "We like the outdoors.... It's quite a bit different than New York City but it's more her personality."

The proposal is scheduled for Sept. 3 at noon. If you would like more details, email Campbell at engagementflashmob@gmail.com. JEREMY NOLAIS

Lakeside love

- Shane Campbell and Lyndsey have been together for two years and have visited Lake Louise twice previously.
- The lyrics to U2's All I Want Is You seem fitting for a proposal. Here's a sampling: "You say you want diamonds on a ring of gold/ Your story to remain untold/ Your love not to grow cold."
- For more information, visit Campbell's Facebook page titled Lake Louise.

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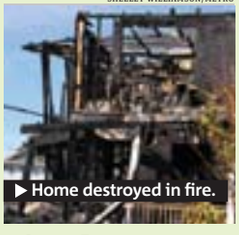
News in brief

SHELLEY WILLIAMSON/METRO



▶ Home destroyed in fire.

Fire destroys four homes in Leduc

UNKNOWN CAUSE. RCMP are investigating after a devastating fire ripped through a sleepy Leduc street just after 2 a.m. yesterday, reducing four homes to ash and severely damaging two more.

Const. Krysteen Fitzgerald of Leduc RCMP said the fire is being treated as suspicious because there was no "obvious" cause.

Witnesses and residents are being interviewed as the cause is investigated.

No injuries were reported in the blaze. METRO

Falling debris closes Centre Street

DANGER OVERHEAD. Falling debris from a deteriorating building led to the closure of Centre Street between 2nd and 3rd avenues S.E. yesterday afternoon, police said.

The east-side sidewalk on the northbound curb lane of Centre Street will be closed for an undetermined period but is expected to last until at least some time today. METRO

Suspicious fire under investigation

HOUSE DESTROYED. Investigators are working to determine the cause of a suspicious fire that destroyed a home north of the city early yesterday. The fire began in the house, located south of CrossIron Mills, before dawn with massive amounts of black smoke billowing, according to reports. No injuries were reported. METRO

Baby born in backseat near Balzac

Unable to get to the hospital in time, an Airdrie family was forced to deliver a baby in a backseat Saturday evening.

A pregnant woman was rushing to hospital on Highway 2 with her husband and the baby's grandmother from their hometown.

But Calgary EMS spokesperson Stuart Brideaux said the baby was coming too fast and the grandmother stepped in to perform an emergency delivery.

Responders arrived on scene shortly after.

"Everyone was healthy and well, post-delivery," Brideaux said. METRO

9

The baby was delivered on the side of the highway around 9 p.m. Mother and child were transported to the Peter Lougheed Centre afterwards.

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- Sherwood Park Mall
- South Edmonton Common
- South Park Centre
- Southgate Mall (kiosk)
- St. Albert Trail at 137 Ave.
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- Westmount Centre
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MEDICINE HAT
- Carry Drive Plaza
- Medicine Hat Mall

PEACE RIVER
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First Air says cause of crash unknown

Two survivors sent to Ottawa General Hospital All four of the plane's crew are among the dead

The owner of a jet that crashed into a hillside near the remote High Arctic community of Resolute said yesterday it doesn't know why the 737 went down, killing 12 and injuring three.

"At this time, the cause of the accident is unknown," said First Air spokesman Christopher Ferris.

"Our thoughts and focus are with the families and friends of the passengers and crew and the community."

Hamlet residents and soldiers from nearby military exercises rushed to the scene of the crash Saturday in a desperate effort to try to pull survivors from the wreckage.

THE CANADIAN PRESS

Arctic changes

Saturday's crash proves the need for Canada to be able to mount fast, effective search and rescue efforts in the North, say Arctic experts.

DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

▶ Members of the Canadian Armed Forces carry a victim of a plane crash in Resolute Bay, Nunavut, on Saturday.

Stealth snowmobile planned

The Department of National Defence plans to develop a new stealth snowmobile for covert military operations in Canada's Arctic, with $550,000 set aside to build a prototype.

Ottawa has posted a public tender for a hybrid-electric snowmobile that would allow Canadian Forces soldiers to swoop silently across the frozen landscape.

The vehicle might be the most unconventional tool in the arsenal of a Conservative government promising to beef up Canada's military might in the North.

A government spokeswoman could not immediately provide information as to why the military would need snowmobiles for clandestine operations.

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Canadian Ranger Joe Amarualik stands beside his snowmobile during a sovereignty patrol on Ellesmere Island, Nunavut.

Tornado devastates picturesque Ontario town

A powerful tornado that swept through the southwestern Ontario town of Goderich yesterday afternoon killed one person and caused severe devastation in the picturesque community.

Downtown businesses, century old buildings and several churches lost their roofs and upper floors as the twister ripped through Goderich.

Images show downed power lines, trees and debris strewn across streets, while witnesses described cars being picked up and thrown like toys.

Police identified the victim as Norman Laberge, 61, of Lucknow, Ont.

THE CANADIAN PRESS

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Enjoy this winning favourite road trip story and then get writing!

When my kids and my sisters' kids were young, we went on a road trip from Ottawa to visit our parents at their cottage in New Brunswick. We were 3 families with 9 kids under 12, travelling in 3 minivans. As you can imagine, with 9 kids, we would have to take frequent washroom breaks. So that we didn't get separated, the van needing the break would pull up beside the other vans, with one of the kids holding up a sign in the window. The sign read "P NOW" or "P SOON". One meant that we had to stop at the next gas station, no matter what condition it was in, and the other meant we could look for the next clean gas station (must have been Shell stations), and we would meet there. The kids traded vans like musical chairs at every stop, so we made sure to take roll call before leaving each stop. It took 2 days to reach our destination. With 17 people in a tiny 2-bedroom cottage, people were sleeping anywhere there was empty space. My husband and I ended up sleeping in a closet. The weather was perfect the whole week, the ocean was lovely, and the kids had such fun together. All of our kids are adults now and to this day they all speak fondly of our convoy to New Brunswick.

Our congratulations go to,

Anne-Marie Hancock
Nepean, Ontario

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ALEXANDRE MENEGHINI/THE ASSOCIATED PRESS

▶ People celebrate the capture in Tripoli of Moammar Gadhafi's son and one-time heir apparent, Seif al-Islam, at the rebel-held town of Benghazi, Libya.

Gadhafi forces finally collapse

After six months of deadlock, rebels advanced more than 20 miles to Tripoli Attacks launched with NATO

Libyan rebels raced into Tripoli in a lightning advance yesterday that met little resistance as Moammar Gadhafi's defenders melted away and his 42-year rule appeared to rapidly crumble. The euphoric fighters celebrated with Tripoli residents.

Opposition fighters captured Gadhafi's son and one-time heir apparent, Seif al-Islam. The prosecutor at the International Criminal Court in the Netherlands said he would contact the rebels to discuss his handover for trial on charges of crimes against humanity.

The rebels easily advanced from the west, took town after town, overwhelmed a major military base, then swept into the capital in a stunning turning of the tide.

The fighters and supportive residents flooded Green Square, shooting in the air in celebration, clapping and waving the rebels' tri-colour flag. Some set fire to the green flag of Gadhafi's regime and shot holes in a poster with his image.

Gadhafi's whereabouts yesterday were unknown. But he delivered a series of angry and defiant audio messages broadcast on state television, calling on his supporters to march in the streets of the capital and "purify it" from "the rats." He was not shown in the messages.

THE ASSOCIATED PRESS

Battle Briefing

- **Uprising against Gadhafi** broke out in mid-February, and anti-regime protests quickly spread.
- **Brutal regime crackdown** transformed the protests into an armed rebellion.
- **Rebels seized Libya's east,** setting up an internationally recognized government, and two pockets in the west, the port city of Misrata and the Nafusa mountain range.
- **Green Square has been** the site of night rallies by Gadhafi supporters.
- **In August, thousands of** rebel fighters joined an offensive launched from the mountains to the coast.

Ruler's reign never failed to fascinate

Moammar Gadhafi is the Arab world's longest-ruling, most erratic, fascinating leader — presiding for 42 years over this North African desert republic with vast oil reserves and just six million people.

He was an international pariah blamed for the 1988 bombing of a Pan Am jet over Scotland, which killed 270 people. After years of denial, Libya acknowledged responsibility and agreed to pay up to $10 million to victims' relatives, easing him back into the international community. But, in February, Gadhafi gave a televised speech that fueled the armed rebellion against him. THE ASSOCIATED PRESS

Israel, Hamas reach truce

Gaza militants agreed to a ceasefire with Israel to stop spiking violence, a Hamas official said yesterday, after a deadly attack on Israelis near the Egypt-Israel border set off a three-day round of Israeli airstrikes and rocket barrages from Gaza.

The flareup also threatened Israel-Egypt relations, after Egypt said five of its policemen were killed by Israeli fire. Thousands demonstrated in Cairo, and Israel apologized.

Hamas security personnel will enforce the agreement brokered by Egypt, an official said. He said Egypt told the groups that Israel would agree to halt its airstrikes only if the Palestinians stopped the rocket fire first. A spokesman for Israel's government would not comment, and it was not clear if the ceasefire would take effect or hold.

THE ASSOCIATED PRESS

NO SPRINKLERS NEEDED 'CAUSE THERE'S NO FOREST FIRE

HIGH PLAINS DRIFTER

JAMES CALLSEN
METRO CALGARY

The summer is a slow time in the news business in Calgary. Aside from the odd spat on city council and the usual crime- and weather-related stuff, things can be pretty sleepy in Cowtown, post-Stampede.

I've been trying to get interested in the one hot political story in the dog days of summer, which is just who is going to succeed Ed Stelmach at the helm of the Alberta PC party. But I just can't.

I honestly didn't think it would be possible to have a more boring, sleepy succession to one of the most boring, sleepy politicians to ever run this province, but I was wrong.

There's no fire, no grit and no drama. Maybe this is a good thing, considering that flashy political showmanship really means nothing in terms of being a good leader, but I can't help myself from feeling that this multi-horse race is just flat out ... dull.

"Ask most Albertans what they think of the potential candidates and you'll be lucky if they can even name one of them. It's a snooze ..."

Is it because we're living in a post-Ralph Klein world where we find ourselves missing an off-colour comment or action?

When the Progressive Conservatives went to find Ralph's successor, there seemed to be a real political power struggle. A good old blood-and-guts knock-down-drag-out fight, pitting the financial brains of Jim Dinning versus the angry, snortin' Ted Morton. Then both heavyweights collapsed, and Steady Eddie was handed the keys to the office.

Morton is back, but he's nowhere near his old cranky, fired-up self. We have former health minister Gar Mar, who seems to be best known for his massive bus, which bears an equally massive photo of his face. There's two guys named Doug, a guy named Rick, who kind of looks like the Nabob coffee guy, and the lone female.

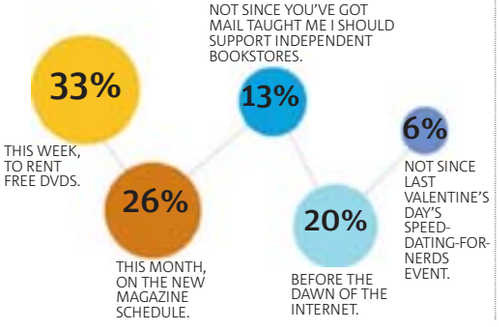
Ask most Albertans what they think of the potential candidates and you'll be lucky if they can even name one of them. It's a snooze, a snore, and it's not even a provincial election. But if the latest polls are to be believed, one of these people will likely be the premier when the votes are counted in the next election.

I know we're supposed to remain engaged in our political process, whether it's within a party or during a provincial election, but I just wish these folks would spice things up a bit. Who wants to talk dry politics when there are patios to sit on, hotdogs to roast, concerts to go to and cold beverages to consume? Get controversial or at least get on the offensive. We can't actually be expected to take an interest in politics if they're merely practical, can we? I guess we really do get the government that we deserve.

James Callsen is the news voice on one of Calgary's top rock stations, x92.9. Follow him on Twitter @newsboycallsen

Register at metropolitanpanel.ca and take the quick poll

When was the last time you visited a library?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6%
NOT SINCE LAST VALENTINE'S DAY'S SPEED-DATING-FOR-NERDS EVENT.

Local tweets

- **@DLPCANADA:** I love how macleod trail between 17th ave and 12th ave is blocked for NO Reason! It is sunday! #yyc if no workers let the city drive ;)
- **@cam_macdonald:** Done at the gym. What to do, what to do? Time to enjoy le sunshine! #yyc
- **@thelipreader:** I'm so confused about where I am. This morning I almost walked down to 17 & 8 to grab tea from Steeps, but then remembered I'm not in #yyc.
- **@twinspeed:** World duck duck goose championships today at princes island park? #yyc love it, all ages having fun like kids.
- **@greenheathermac:** Phenomenal day in #yyc. Bow River Flow or Collingwood splash park?
- **@AdamDryb:** If elected mayor of #yyc - my 1st order of business is to ban Katy Perry TGIF from Amp and Virgin #SeriouslyEnoughAlready
- **@julietburgess:** #bowflow is the best! So many smiling people, so much to see and do. Every year it's better and better. Keep it up, #yyc!

Letters

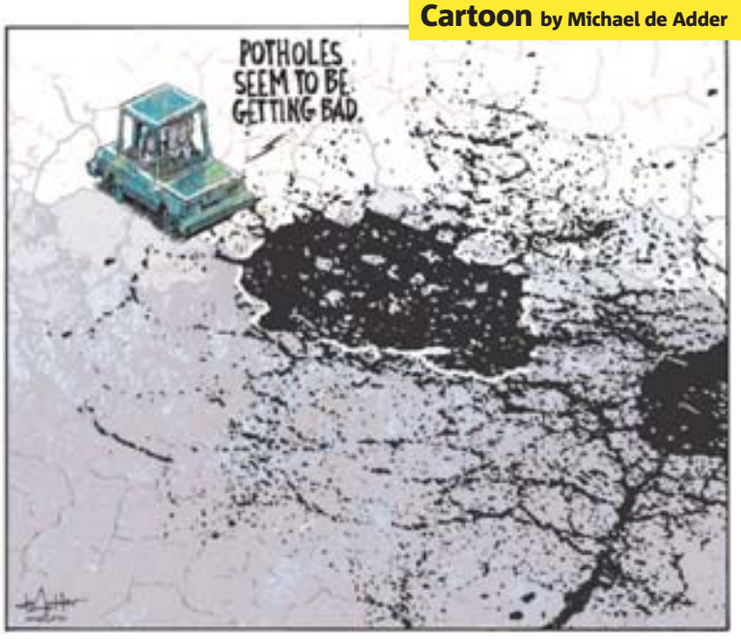
DEAR MAYOR NENSHI. I'm baffled to know that our police force is scrambling to address the new expenditure resulting from the ridiculous $15 provincial database-access fee imposed on Alberta's municipalities.

I never thought their absurd ruling would prosper. When did Alberta leave Canada's democracy to become a dictatorship? It's been many, many years since the vast majority of free countries declared monopolies illegal. Please, I beg you to demand a detailed budget showing salaries, equipment, maintenance ... line by line. No service in the world involving access to a database costs anywhere close to $15.00.

Fifteen cents would be a reasonable model to address actual usage and growth, but $15? Outrageous! Question the background and knowledge of whoever came up with this number. What do they want the money for? I honestly believe this is one of those situations where it's of the upmost importance to make a united stance against such an incredibly ignorant demand.

ALEX RAMIREZ
CALGARY

Cartoon by Michael de Adder



WEIRD NEWS

Rebel-lious festivalgoers hit look-alike

A British comedian says he was attacked with a bottle at the Edinburgh Fringe Festival while dressed as Moammar Gadhafi.

Jeff Mirza was handing out flyers on the street for his show, dressed as the embattled Libyan leader, when a man approached and asked for a cigarette. Mirza said he shook his head and the man walked on, but when Mirza turned around he was hit on the back of the head with a bottle. He was not seriously hurt.

Mirza is at the annual festival with his show Jihad: Heresy or Hearsay.

The comedian said yesterday that most festivalgoers had been welcoming. He said "most people at the Fringe get the joke of me being dressed up as a washed-up dictator trying to sell the show."

Police say they do not believe the attack was racially motivated.

THE ASSOCIATED PRESS

▶ Libyan leader Moammar Gadhafi
PIER PAOLO CITO/THE ASSOCIATED PRESS

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Drilling biz experiencing an upsurge, experts say

Oil and gas drillers are busy playing catch-up after severe spring flooding throughout much of Western Canada kept their rigs on the sidelines, but another challenge is lurking: worker shortages.

"It's looking very, very good for the industry," said Mark Salkeld, president and chief executive officer of the Petroleum Services Association of Canada.

"All the equipment that's available to go to work is pretty much contracted and the only bottleneck we're looking at, really, is labour."

In late July, PSAC upwardly revised its 2011 drilling forecast to 13,325 wells, an increase of 375 from its April prediction.

The group made its forecast despite an onslaught of wet weather, which prevented companies from drilling in southern Saskatchewan and other key energy-rich areas for much of May and June.

Canada's largest drilling company, Precision Drilling Corp. said the floods, forest fires and pipeline outages, made the second-quarter a tough one. THE CANADIAN PRESS

Oil outlook

- Between the 2008-2009 recession, the oil-and-gas sector experienced a greater slump than usual.
- Many workers abandoned the sector.
- With activity picking up, the industry is now short workers, experts say.
- FirstEnergy Capital said 64 per cent of the total fleet are currently at work in Canada, almost a 36 per cent improvement from the same week of 2010.

Markets haunted by R-word

The usually influential Canadian bank earnings season starts this week, but with the dreaded R-word — recession — looming abroad, any positives from the reports may be overshadowed.

Canada's banks are expected to report growth, while global markets are expected to hit their bottom lines. A CIBC World Markets report said Canada's six biggest banks are expected to average 13 per cent year-over-year growth. THE CANADIAN PRESS

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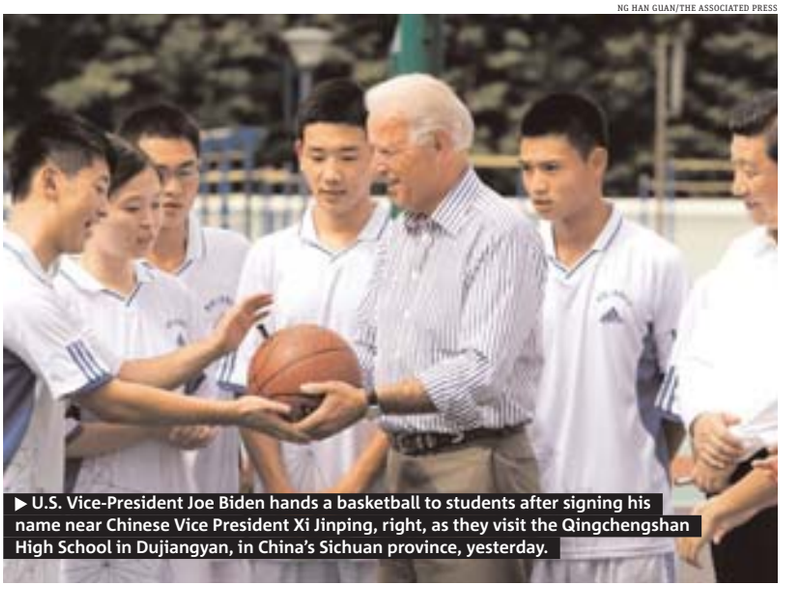
NG HAN GUAN/THE ASSOCIATED PRESS



▶ U.S. Vice-President Joe Biden hands a basketball to students after signing his name near Chinese Vice President Xi Jinping, right, as they visit the Qingchengshan High School in Dujiangyan, in China's Sichuan province, yesterday.

Biden tells China their assets are 'safe' in U.S.

- 1,000 tech exports to China off blacklist, Biden says
- U.S. sent $110 billion in exports to China last year

U.S. Vice-President Joe Biden ended a visit to China yesterday that offered him extensive face-time with the country's expected future leader, Xi Jinping, and delivered a message of U.S. mutual interdependence with the world's second-largest economy.

Biden also made the case for continued U.S. economic vitality despite current budget woes and sought to reassure China's leaders and ordinary citizens about the safety of their assets in the U.S. following the downgrading of America's credit rating.

"You're safe," Biden told students following a speech at Sichuan University in the city of Chengdu.

An official Xinhua News Agency commentary on Biden's visit said that China would be looking for actions rather than words to restore confidence in the economy by gradually reducing the deficit and cutting debt.

"What is especially important is to let the world see that the U.S. government and relevant departments have the determination, ability and political aspiration to take actions to resolve these complicated issues," the commentary said.

Biden and Xi, China's vice-president who is expected to take the top leadership next year, also visited a high school that was rebuilt after the devastating 2008 earthquake, partly with the help of U.S.

Meanwhile, Biden said both countries need global stability, including preventing Iran and North Korea from obtaining nuclear weapons. THE ASSOCIATED PRESS

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Police arrest dozens of pipeline protesters

Activists say pipeline is disaster waiting to happen

A Canadian woman was among as many as 50 environmental activists handcuffed and taken to jail yesterday on the second day of peaceful White House protests against TransCanada's controversial Keystone XL pipeline.

Dozens were already arrested outside the White House on Saturday, the opening day of a two-week civil-disobedience campaign. They're expected to be released tonight.

By noon yesterday, police began arresting more demonstrators, including Patricia Warwick, 68, of Toronto and a 65-year-old woman from Massachusetts, who was celebrating her birthday.

The activists are facing charges of failing to obey an order governing protests on the sidewalk, said an official with the U.S. Park Police.

Officials for Tars Sands Action, the group that has organized the two-week campaign, say police originally assured them protesters would be released after being warned. Instead, they have been charged and held in jail for two nights.

U.S. President Barack Obama will decide by the end of the year whether to allow Calgary-based TransCanada to build the controversial, $7 billion US pipeline. It would transport millions of barrels of Alberta oilsands crude a week through the U.S. heartland and to Gulf Coast refineries.

Opponents say Keystone is a dangerous proposition, pointing to a number of recent spills along pipelines, and oppose Alberta's oilsands due to their high greenhouse gas emissions. Advocates say the pipeline will create thousands of U.S. jobs. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
- 179.24 (12,007.47)	- 0.02¢ (101.15¢ US)	- $0.12 US ($82.26 US)	$3.940 (+ 4.8¢)	$1,852.20 (+ $30.20)

Abdicating. King

▶ Burger King CEO John W. Chidsey, background centre, watches as The King, the chain's mascot, arrives at the New York Stock Exchange.

RICHARD DREW/THE ASSOCIATED PRESS FILE

Burger mascot to hang up crown

Burger King's soon-to-be-retired mascot has been around for years, but recently has become a more prevalent and somewhat creepy presence in ads. The fast food company, which has suffered declining sales, is rolling out a new advertising campaign, sans The King, that will focus on its burgers.

Volkswagen gives small car thumbs 'up!'

Volkswagen AG is launching a new small car — the up! — in Europe in December.

The automaker says the up! — which will come in three versions — will be "one of the smallest four-seat cars," at 3.5-metres long. It will be powered by a one-litre gas engine, with a natural gas version to follow. THE ASSOCIATED PRESS

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2011 KIA SPORTAGE EX

Northland Kia is celebrating their **Grand Opening** by paying customers $500. Everyone who buys a new or pre-owned Kia will get a **$500 Customer Appreciation bonus... in cash**. *"This isn't a rebate or a dealer credit. These are five, crisp one hundred dollar bills to do with as you please,* says Rob Wills, General Manager of Northland Kia. *Not only that but now customers can take advantage of low zero percent financing and no payments for 90 days on every new Kia model in stock including the extremely popular* ***Forte, Soul, Sportage, Sorento and the exciting new Optima sedan.****"*

These are interesting times for the automotive industry. Great challenges have forced manufacturers to design and build some of the most exciting, most innovative, most efficient cars in history. At the forefront of this automotive revolution is Kia. *"Every new vehicle that Kia introduces is quite simply a home run,* says Wills. *I look at our lineup from top to bottom and I would submit that they are amongst the best, if not the best vehicles in their respective classes."*

Rob is a veteran "car guy" who has been with Kia for over ten years. His newest challenge is to introduce Calgary to its newest Kia Dealership, Northland Kia. *"Northland Kia opened at our current location in 2009 because it had great potential for a growing brand like Kia.*

We have modernized the building in stages since then and have just put the finishing touches on our all-new showroom."

2011 KIA FORTE EX

While Northland Kia is built to impress, a dealership is only as good as its people and this is where Northland truly excels. *"Most of our sales and service staff have several years of experience and they know what Calgarians expect from a dealership.* ***Our aim is to exceed our customer's expectations and deliver an ownership experience second-to-none."***

Northland Kia is perfectly situated in the **heart of northwest Calgary** on Shaganappi Trail just north of Crowchild Trail and is adjacent to Northland Mall. *"Our location makes it easy for customers to get to us no matter what direction they're coming from,* says Wills. *It's convenient and we understand that our customers' time is precious."*

Northland Kia is redesigned (and re-energized) for today's customer and the team that are bullish on the future. *"We feel that Northland Kia offers customers* ***the best in every way****, says Wills. Our products, our dealership and most of all, our team are ready to prove it."*

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China 1.9 ¢/min	Lebanon 7.9 ¢/min	Trinidad 4.9 ¢/min
Colombia from 3.9 ¢/min	Mexico from 1.9 ¢/min	U.A.E 14.9 ¢/min
Cuba 89.9 ¢/min	Pakistan 5.9 ¢/min	U.K 2.9 ¢/min
El Salvador 9.9 ¢/min	Philippines 11.9 ¢/min	Vietnam 4.9 ¢/min
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2 scene

Box office

The Help took over the No. 1 spot with $20.5 million in its second weekend. The drama bumped Rise of the Planet of the Apes, which slipped to No. 2 with $16.3 million after two weekends.
THE ASSOCIATED PRESS

Apes' actress, model, Estella Warren, ordered to rehab after pleading guilty in drunk driving case.

His grotesque love affair

Hard work and horror drive Guillermo del Toro ▸ Filmmaker seeks the extraordinary in the ordinary

HANDOUT

▶ Film writer and producer Guillermo del Toro, seen here with Don't Be Afraid of the Dark star Bailee Madison, has loved the horror genre since childhood.

RICHARD CROUSE
SCENE@METRONEWS.CA

Guillermo del Toro may be the world's cuddliest boogeyman. When I enter the hotel room to interview the forty-seven year old producer of Don't Be Afraid of the Dark, he stands up and hugs me. Not exactly what you anticipate from the master of horror.

But then again, surprises are his stock in trade. From the eerie Pale Man character in Pan's Labyrinth to the deadly mechanical scarab of Cronos, he has trained viewers to expect the unexpected from his films.

A career spent scaring the pants off people has given the director some insight on why we like to be terrified at the movies.

"We try to look for the extraordinary in our ordinary lives," he says. "That's just the normal way we behave as spiritual beings. And horror movies allow us to live extraordinary experiences without having to go through extraordinary risk.

"I have a harder time understanding reality shows than I have a hard time understanding genre films. Because genre films give you something you don't get in real life. Reality shows give you people you would normally never talk to in real life. Why are you interested in watching them?"

"The scariest thing about these creatures in the movie is that they are intelligent. They strategize. They literally find ways to get the upper hand against the humans"
DEL TORO ON THE MONSTERS IN DON'T BE AFRAID OF THE DARK

Not that the self-described workaholic has much time to watch reality TV. When he's not executive producing Oscar nominated movies like Biutiful he's writing the much anticipated Lord of the Rings film The Hobbit: An Unexpected Journey, or working on a new novel with his co-writer Chuck Hogan. Add to that the alien attack movie Pacific Rim which he'll spend the next year filming in Toronto and you have one of the busiest men in the business.

"Hard work is pleasure for me," he says, adding that luckily, "I have been surrounded by a system of enabling family and I submerge myself in my work."

A horror fan since childhood, ("I read Salem's Lot in one sitting," he says. "Eleven hours from eight a.m. to seven p.m. outside in the pool. I had a second degree burn because of that!"), he has simple criteria for the projects he accepts.

"You should only get involved in things you love irrationally," he says.

K'naan visits homeland

Somali-Canadian rapper pledges to help with Somalia's famine crisis

FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS

▶ K'naan visited Somalia on Sunday.

Rapper K'naan on Sunday brought his waving flag back home to Somalia to help people as they struggle with a devastating famine that has killed tens of thousands of children.

The rapper, who left Somalia as a child more than two decades ago to settle in Canada, made a brief visit to Mogadishu. He was mobbed by famine refugees who tried to shake his hand or hug him as he toured Mogadishu's Banadir Hospital and met with malnourished children.

"I came to Somalia to see the situation here and give any donation I have to the people and anything else available," he said, speaking in Somali. "I will do all I can to help my people in Somalia."

He did not perform his hit song Wavin' Flag, which tells of the difficulties he faced growing up in the lawless, impoverished Horn of Africa country. A version of that song was used for a Coca-Cola campaign when South Africa hosted the 2010 World Cup.

The United Nations says more than 3.2 million Somalis need food aid. The United States says 29,000 Somali children under age five have died.

The UN says tens of thousands of people already have died in Somalia, Kenya, Ethiopia and Djibouti and has warned that the famine hasn't peaked. More than 12 million people in the region need food aid, according to the UN. Somalia has been hit hardest because of a confluence of conflict and climate change.

Decades of violence in Somalia has left the population vulnerable to the vagaries of weather changes.

Islamist insurgents are also attempting to overthrow Somalia's weak UN-backed government. The most dangerous among the groups is the al-Qaida-linked al-Shabab..
THE ASSOCIATED PRESS

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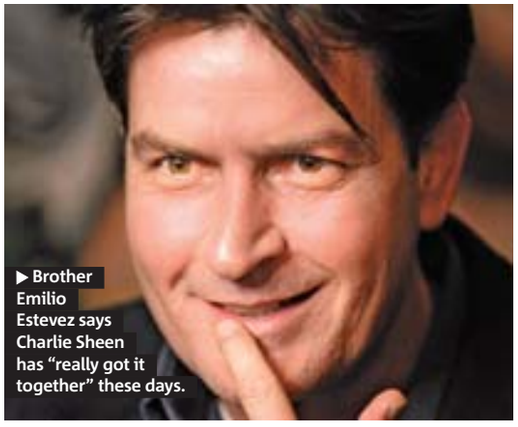


▶ Brother Emilio Estevez says Charlie Sheen has "really got it together" these days.

Charlie Sheen version 2.0?

Charlie Sheen is ready for his comeback, at least as far as his brother Emilio Estevez is concerned.

"He's a different guy. He's a completely different guy. He's got his voice back. And I think he's got his focus," Estevez tells Access Hollywood about the troubled former Two and a Half Men star.

"He's on a new show and he's going to be roasted by Comedy Central — which I think is going to be hysterical. I think that he's really got it together."

METRO

Lilo struggles to reboot her career

- Star passed over for movie role
- Director reluctant to work with Lindsay given her negative rep

It's more work-related bad news for Lindsay Lohan, who reportedly lost out on a role in Magic Mike, a film loosely based on Channing Tatum's time as a stripper, according to E! Online.

"The character is trouble with a capital T, which Lindsay would have been perfect for," a source says.

But director Steven Soderbergh didn't agree, so he cast Riley Keough in the role instead.

"He didn't want to deal with all that. Nobody wanted to go there," the source adds. METRO

ALL PHOTOS GETTY IMAGES

▶ Lindsay Lohan

Bieber fever alive and well

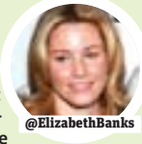
When 11-year-old Caroline Gonzalez was made mayor of Forney, Texas for a day, her first order of business was to give Main Street a new name: Justin Bieber Way.

"I just really like Justin Bieber, and I thought it would be cool if we had a street in our town named after him," Gonzales said of her decision. "I thought it was pretty cool, and if Justin Bieber was actually here, I'd probably faint."

Unfortunately, the new name proved too popular, as the sign was soon stolen.

"We don't know if it was really a crazed fan who decided they had to have it or what," the town's regular mayor, Darren, Rozzell, says. METRO

Celebrity tweets



@ElizabethBanks

"Hang out with a cat-suited Jane Fonda? Check. #bucketlist"

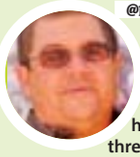
@therealzooeyd

"working 16 hour days gives me an amazing excuse to act like an old person. yay."

@JerrySeinfeld

"I am not a vegetarian, by the way. If anyone saw that."

@pattonoswalt



"Ate 1/2 bag of Veggie Booty 2 hours ago, threw it away in disgust. Dug it out of trash just now. Watching a-ha vids on YouTube. I suck."

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Tie the knot on a budget

With Kim Kardashian's wedding nuptials to Kris Humphries rumoured to be in the millions of dollars, we take a look at wedding planning for those of us with thinner wallets

Decades of brides have walked down the aisle sporting something old, something new, something borrowed or something blue. Jessica Kavanagh's clients can also boast something black — the bottom line of their wedding day budget.

Kavanagh, 23, may have had to spend hours walking the bride through second-hand stores in search of the perfect dress and likely devoted days to arranging the nuptial flowers by hand to keep costs down, but believes the time is always well-spent.

Creating a big day on a small budget is a key focus of her Toronto event planning business, J. Kavanagh Events, and weddings are no exception. If anything, Kavanagh says, a marriage celebration represents an ideal time to exercise fiscal restraint. "Yes, this is your wedding and it's so exciting and a big life moment, but this is like the pregame show to the marriage. It's only one day," Kavanagh said. "It's just a celebration, not the be-all-end-all of your life."

THE CANADIAN PRESS/ VINCENT ELKAIM

▶ Wedding co-ordinator Jessica Kavanagh, right, arranges flowers with her client Alyson MacKenzie. Kavanagh offers wedding planning services for those on a budget.

The first thing Kavanagh needs to adjust is not the price of the entire event but the expectations of the couple tying the knot, she said.

She urges couples to look beyond traditional wedding vendors and time-honoured venues, saying conventional thinking can often lead to a dizzying price-tag.

Kavanagh's advice struck a chord with Alison MacKenzie, whose budget for her October wedding threatened to spiral out of control without some timely intervention.

She and her fiance were willing to shell out for their wedding attire, their rings and an open bar reception, but felt the rest of needed a thriftier touch.

Their decision to serve cocktails and appetizers instead of a sit-down dinner went a long way to keeping costs down, MacKenzie said, adding Kavanagh stepped in with other suggestions.

"Jessica was great about warming me up to the idea of doing our own flowers," she said. "You don't have to spend 50 to 100 bucks for centrepieces. We'll have flowers throughout the venue, but we'll do those ourselves."

MacKenzie's guests will mingle at the reception in the glow of cost-effective candlelight and munch on cupcakes instead of a traditional, pricier wedding cake. They won't leave bearing a conventional wedding favour, but will learn that a donation has been made in their name to a charity that matters to the couple.

MacKenzie said these decisions will allow her and her fiance to celebrate their big day with a clear conscience. "We didn't want to be saddled with a huge Visa bill or debt at the end of it," she said. "That's a great way to start your marriage, 'Let's talk about a repayment plan.'"

THE CANADIAN PRESS

Trim the fat

Here's some ways to save.

- **Invites**
  Digital printing outlets offer a cheaper way to print wedding invites.
- **Wedding dress**
  Visit a second-hand store for the dress, says Darsi Pizzalato. "Any item being used on the wedding day is being used for 12 hours. Unless she's doused a bottle of wine on her, the dress is still new."
- **Flowers**
  Bouquets used for the ceremony can be reused as centrepieces at the reception.

3 life

A new study shows

... bed sharing, in which your baby sleeps next to you, doesn't necessarily result in developmental issues, according to a report from the Teachers College of Columbia University in New York City. The 944 kids — ages one through five —studied by researchers indicated there was no risk. MWN

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ORAL SPA

Back-to-school brings with it a boom in asthma attacks and hospital visits, experts say

School has them breathing not-so-easy

SEAN KILPATRICK/THE CANADIAN PRESS

Oni Joseph is seen with her son Toussaint, 13, who suffers from severe asthma.

Oni Joseph used to go to her son's school each fall and explain why he was constantly sniffling and out of breath.

Her son, 13-year-old Toussaint, was "born wheezy," and his asthma has only grown worse with time, the Ottawa poet and mother said.

Now, of course, the teen's teachers and classmates are used to his perpetually runny nose, his stash of tissues and his inhaler, a device used to send medication directly into the airways, his mother said.

But Joseph, 38, still worries about sending him back to school in September, a month when asthma attacks — and asthma-related visits to the emergency room — skyrocket.

Toussaint's symptoms always flare up in the fall, she said, and "he's had so many (attacks) this year," including two that had the family dashing to the Children's Hospital of Eastern Ontario in a panic.

"It's the scariest thing as a parent because you can't do anything," she said. "So I'm very stressed."

"It's the scariest thing as a parent because you can't do anything. So I'm very stressed."
ONI JOSEPH, MOTHER OF YOUNG ASTHMA SUFFERER

Each year, the so-called "September epidemic" strikes legions of children who suffer from asthma, a respiratory condition that affects roughly 10 per cent of children and causes more than 200 deaths annually, according to Statistics Canada.

Studies show the first few weeks of school bring a boom in asthma attacks — violent, often terrifying episodes marked by coughing, wheezing and chest tightness — and trips to the emergency room.

Hospital visits hit a "dramatic peak" 17 days after Labour Day, a holiday generally considered the end of summer vacation, said Neil Johnston, an epidemiologist at the Firestone Institute for Respiratory Health in Hamilton.

For older teens and adults, the spike comes about a week later and isn't as pronounced, said Johnston, who has analyzed the phenomenon in a number of studies.

"Things that are so exquisitely timed don't just happen by accident. There's something going on," he said, noting researchers in Britain and Trinidad have spotted the same pattern.

Though the September spike is predictable, it's not entirely preventable, given all the factors at play.

But there's a lot families can do to lessen its impact, said Dr. Paul Ehrlich, a pediatric allergist in New York City and co-author of "Asthma, Allergies, Children: A Parent's Guide."

Parents should visit the school's health clinic to make sure nurses there know how to administer medication with an inhaler, he said.

They should also talk to teachers and explain why their children are itchy, sneezy or wheezy, the doctor said.

And some parents may want to spend a day tagging along with their little ones to spot possible pitfalls, such as dusty mats and rugs for nap time, he said.

THE CANADIAN PRESS

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A summertime quiche

Cheese quiche with onions, red peppers & turkey will be a brunch hit

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

▶ This recipe will serve six.

Using a few pantry staples like cream and eggs, this quiche can be whipped up for a patio brunch and will quickly become a family favourite.

Aged cheddar cheese adds a zip of flavour to turkey while the green onions and roasted red peppers add colour and texture.

Preparation:

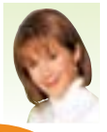
1. Preheat oven to 190 C (375 F).
2. Sprinkle the cheese in the bottom of a pie shell. Add turkey, roasted red pepper and green onions; using fork, toss gently to combine and spread evenly.
3. In a medium bowl, whisk together cream and flour. Add eggs and salt and whisk until everything is well combined. Slowly pour over cheese mixture, using fork to allow cream mixture to fill pie shell evenly. Bake the quiche on bottom rack for about 45 minutes or until top is golden, edges puff and knife inserted in centre comes out clean. Let cool for 10 minutes before cutting into wedges.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients:

- 1 unbaked frozen deep-dish pie shell (23 cm/9 inches), thawed
- 250 ml (1 cup) shredded 5-year-old cheddar cheese
- 250 ml (1 cup) diced cooked turkey or chicken
- 75 ml (1/3 cup) diced roasted red pepper
- 2 green onions, thinly sliced
- 175 ml (3/4 cup) 10 per cent cream
- 15 ml (1 tbsp) all-purpose flour
- 3 eggs
- 1 ml (1/4 tsp) salt

Rose Reisman's Swap It



Salads are always disguised as the healthier choice since vegetables are "free foods." But fried additions and high fat dressings destroy any health benefits.

MCDONALD'S MIGHTY CAESAR SALAD WITH CRISPY CHICKEN & MIGHTY DRESSING

700 CALS/ 54 G FAT/ 10 G SATURATED FAT/ 1,620 MG SODIUM

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GRILLED CHICKEN IS THE HEALTHIER CHOICE AND VINAIGRETTE BEATS OUT ANY CREAMY DRESSINGS. FOR MORE, VISIT ROSEREISMAN.COM

Chef Bobby Flay's asparagus creation

This chopped salad with asparagus and Meyer lemon dressing comes from Chef Bobby Flay's upcoming cookbook, Bobby Flay's Bar Americain Cookbook. "I wanted contrast of taste and texture," he says. "Smoky asparagus, sharp aged cheddar cheese, briny olives, creamy chickpeas and crispy bits of fried pita bread dressed lightly in the slightly sweet, slightly tart Meyer lemon dressing makes for a plate of perfect bites."

Preparation:

1. Dressing: In bowl, whisk lemon zest and juice, vinegar, mayo, mustard and honey. Season with salt and pepper. Whisk in oil until emulsified.
2. Salad: In saucepan over medium, heat 500 ml (2 cups) of the canola oil. Fry pita strips, in batches, until golden brown and crisp, turning once, about 1 minute. Use a slotted spoon to transfer to a plate lined with paper towels. Season with salt and pepper.
3. Heat grill to high. Brush asparagus with remaining 30 ml (2 tbsp) of oil and season with salt and pepper. Grill, turning once, until crisp-tender, 4 to 6 minutes. Transfer to a cutting board and cut on the bias into 2.5-cm (1-inch) pieces.
4. In bowl, combine mesclun, tomatoes, cheese, cucumber, olives, chickpeas and asparagus. Add half of the dressing, season with salt and pepper, then toss well to coat. Divide salad among large dinner plates. Drizzle with more of the dressing and top with pita chips.

THE ASSOCIATED PRESS

Ingredients:

Dressing

- 2 ml (1/2 tsp) finely grated lemon zest
- 50 ml (1/4 cup) fresh Meyer lemon juice
- 15 ml (1 tbsp) red wine vinegar
- 30 ml (2 tbsp) mayonnaise
- 15 ml (1 tbsp) whole-grain mustard (heaping)
- 10 ml (2 tsp) honey
- salt and black pepper
- 125 ml (1/2 cup) olive oil

Salad

- 500 ml (2 cups) plus 30 ml (2 tbsp) canola oil
- 2 pocketless pita breads, halved and sliced in 5-mm (1/4-inch) strips
- salt and black pepper
- 1 bunch asparagus, trimmed
- 175 g (6 oz) mesclun greens
- 250 ml (1 cup) grape tomatoes, halved
- 250 g (8 oz) aged white cheddar cheese, diced
- 1 English cucumber, diced
- 125 ml (1/2 cup) pitted and coarsely chopped kalamata olives
- 250 ml (1 cup) drained and rinsed canned chickpeas

A healthy belly is a happy one

Meredith Deasley has turned food into thought, teaching parents the fundamentals of feeding their families

Meredith Deasley encourages all parents to become knowledgeable about nutrition.

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Her 18-month-old daughter was writhing on the floor in pain and Meredith Deasley was desperate to bring her some relief. "We're going to fix this. I don't know what it is but we're going to fix this."

Meredith read every book on nutrition she could find.

She learned about food sensitivities and eventually became a registered pediatric nutritionist.

Food facts

Symptoms of Food Sensitivities

- Colic and gas pain
- Diaper and Skin Rash
- Runny nose and congestion
- Diarrhea and Constipation
- Mood swings and hyperactivity
- Multiple ear infections
- Poor sleeping habits

Visit theresourceful mother.com for more information

Today her eldest daughter is healthy, her younger daughter is thriving and Deasley says she is determined to show other parents how they can heal their children by watching what they eat.

"There are so many children in the world that are suffering whose parents don't know that it's their digestive systems that need to be healed. The biggest culprit for attention deficit disorder is chemicals. For autism, the culprits are dairy or glutens. Epilepsy is aspartame and heavy metals."

Deasley wrote The Resourceful Mother's Secret to Healthy Kids in 2002. Her research, teaching and methods have become a turning point not only for her family but others as well.

"I want parents to know they have the power to heal their children so that they have healthy lives."

Stretching out the summer earnings

You've put a few pennies in your pocket but school's about to suck them up

Make that moola last all year

The new school year is the perfect time to get a fresh start, but it can also be an expensive time of year for students leaving for university or college. As the summer winds to a close, realizing just how much money you'll need for tuition, books and living expenses can be a real eye-opener — but it is possible to stretch your summer income throughout the school year. Here are some tips:

Start tracking your spending now

Most people have no idea how much money they spend in a month. Whether it's books or burgers, tracking your spending will help keep it in check so you don't run out of cash before final exams. Free personal financial management tools like Mint.com track your spending, help plan budgets, and alert you if you've spent too much in a particular category, such as entertainment.

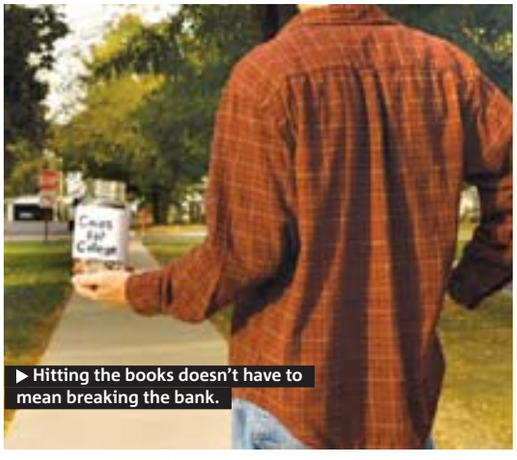
Consider your expenses and look at alternative solutions

If your budget is coming up short, start looking into some cost-saving options. For example, textbooks can be a huge expense, but if the course material hasn't changed from last year, buy used at half the price. Need furniture for your dorm room? Hit the garage sales or check online for deals on discounted or used items before heading to Ikea.

Fill your grocery cart with more, for less.

Start comparison-shopping by looking at flyers to find the best deals. Keep tabs on your grocery budget each week — and curb that expensive takeout in favour of a home-cooked meal. Mint.com users say they spend 40 per cent less eating out once they actually pay attention to what it costs.

ISTOCK



Hitting the books doesn't have to mean breaking the bank.

Boost your bank account

If those summer dollars just can't cover it all, look into a part time job. There are lots of opportunities on campus if you check out the student services centre. Many colleges and universities also offer a wide variety of untapped scholarships and bursaries. Do some digging and determine if you're eligible — the additional cash in your account could help get you through to the end of the year.

NEWS CANADA

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Taking a peek at your posts

It's easier than ever to monitor what an employee are doing online But will doing so land the looker in trouble?

While governments and courts grapple with what online activities are and are not private, new programs have emerged to make it easy for bosses to keep tabs on everything from Facebook comments to pubs that workers have visited and noted on Foursquare.

"This is a radically evolving area of law right now," says Brian Bowman, a Winnipeg lawyer with Pitblado Law who specializes in privacy issues.

"What is public and what is private is the moving target right now."

Companies don't even need to have their own staff comb social media sites for employees' activities. There are programs that will do it for them - gathering posts as they are made and feeding it to the employer.

Social Sentry, a tracking system offered by California-based Social Logix, records and archives social media activities by employees from any location — at work, at home or anywhere else.

The company says it's not just looking for workers who might leak sensitive data or waste work time on Twitter. The program is also aimed at protecting the company's reputation and dealing with the broadly worded category of "HR issues."

A similar snooping service is pitched to university sports teams by Vermont-based UDiligence. The company says it can monitor the social media posts of student athletes and discover ones that might be objectionable. The posts are then forwarded to the university's athletics department so that the school can take steps to protect its reputation.

While it might seem extreme to have your boss or coach poring over your pub-crawl tweets or vacation photos, one expert says it's perfectly acceptable in the digital age.

"There's nothing wrong, in my view and in the view of the law, with an employer reviewing what people are up to on social media," said Metro Canada columnist Daniel Lublin, a Toronto employment lawyer with Whitten and Lublin who specializes in wrongful termination cases.

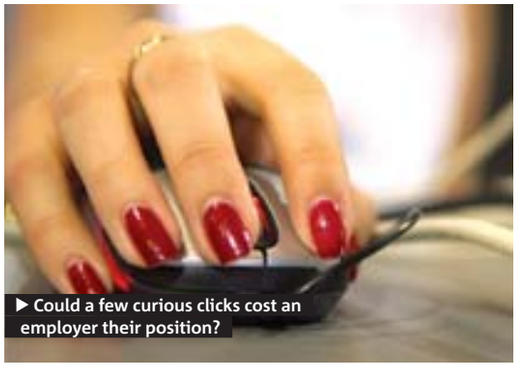
"There are many examples of ... people being fired because of the reputational risks that it poses for the company."

THE CANADIAN PRESS

Laws of the land

- Alberta's law requires companies to notify employees about any collection of private information. But it's not clear whether online social media posts would be considered private.

ISTOCK



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Shauna has already completed a number of life goals but her career is one area that has taken a back seat. Now, she's ready to roll up her sleeves and get into a field where she can put her organizational talents to use. So, Shauna did her research and

Shauna means business – now MORE than ever

discovered that Bow Valley College offers a variety of career certificate programs available through its Continuing Education department. During evenings or weekends she could pick up a certificate in Human Resources, Accounting, Customs and Logistics, or even Project Management. She called up a BVC advisor and learned that many Bow Valley College Continuing Education certificate programs can even be completed online. Shauna took the first step toward switching into an exciting new career by registering in a Continuing Education program at Bow Valley College. Now that she's returning to learning, her dreams for a better career will soon be a reality.

LEARN MORE. EARN MORE. DO MORE.

BOW VALLEY COLLEGE

FIND OUT MORE
bowvalleycollege.ca/more
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GIVE ME SHELTER

JUPITER IMAGES/CREATAS/THINKSTOCK

ADOPTING A RESCUE ANIMAL IS A WONDERFUL THING TO DO, BUT BEFORE YOU START LOOKING, IT'S IMPORTANT TO DO YOUR HOMEWORK

And that includes finding a reputable shelter to work with.

A good shelter wants to find "forever" homes for its animals and will work hard to match you with the right animal whether you're looking for a dog, cat or smaller animal.

The last thing a shelter wants to do is see an animal that has been adopted out, returned, says Shelley Hawley-Yan, director of Project Jessie, which is the animal rescue arm of the Animal Alliance of Canada.

Unfortunately there is no national legislation that regulates rescue organizations. In general, you'll find dogs and cats in most shelters and rescue organizations. But some specialize in certain dog breeds while others specialize in more unusual pets, such as rabbits, birds and even turtles.

Here are some characteristics of a reputable shelter.

• It has an adoption process that helps match you and the animal based on the pet's needs and personality. There's probably a written application, a phone or in-person interview, and possibly a home visit.

• You'll have to sign a contract, which will stipulate your ownership responsibilities; also if the adoption doesn't work out, the animal will be returned to the shelter, says Hawley-Yan.

• The animals up for adoption may be placed in foster homes. While not all shelters do this, when foster homes are involved there may be a better understanding of the animal's personality (compared to animals that are caged).

• The shelter charges a reasonable adoption fee of between $100 and $300 average, says Hawley-Yan.

• Vet assessment and care is provided until the adoption; spaying/neutering is a requirement of the contract.

– Ylva Van Buuren

WHEN YOU ADOPT A PET…

1. It's a huge commitment of up to 20 years (smaller animals like gerbils have a much shorter lifespan).
2. Responsible pet ownership includes training and exercising your pet, licenses, health care — and always picking up after your dog.
3. Spaying and neutering is part of the deal.
4. There are on-going costs — and you're OK with that.
5. The best part — having a pet is unconditional love at its finest!

FAIRPLAY CELEBRATES 90TH ANNIVERSARY

In a time when many businesses struggle to last five years, lasting 90 is really something to talk about. This year, Fairplay Stores is doing just that — celebrating nearly a century of service to animal lovers in the Calgary area.

What began as a feed store for farmers and ranchers has evolved, alongside the city itself, into something more urban-focused: a retail business, catering to both pet owners and fanciers of wild birds. But despite its many changes, Fairplay Stores still sticks to the principles that first put it on the map, back in 1921.

"Hard work; ethical business practices; caring, knowledgeable employees — those have always been the keys to our success," says Christine Nurse, Fairplay's current owner. Christine grew up in the business, dusting shelves and pushing the broom around as a young girl. In 1995 she bought Fairplay from her father, who'd bought it from her aunt and uncle in the early 1970s. The store has been in Christine's family for almost 50 years now.

Today's pet is a part of the family too, so Christine prides herself on running the sort of 'general store' where any pet owner's needs can be met. Wander Fairplay's aisles and you'll find a wide selection of food and accessories for dogs, cats, small animals and birds, including seeds and grains for wild birds.

And when you're done, be sure to share your story with Fairplay's staff. "We've got another century of business ahead of us," says Christine. "Your memories are a big part of our future."

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THEY FOUGHT LIKE CATS AND DOGS

EVERYBODY KNOWS THAT LINE, BUT NO ONE REALLY LIVES IT, EXCEPT FOR DOG OWNERS

Nothing frazzles them faster than a veterinarian's waiting room filled with hisses and yowls from the Feline Competition. You know what would be great, they think? A dogs-only clinic. Yet, until Canine Companion Clinic came along, no one in Canada had tried it.

"Cats-only practices have existed for years," says Dr. Daniela McLean, veterinarian and co-owner of Canine Companion. "Conventional wisdom had it that cat owners preferred cats-only environments because they feared their pets would be frightened by dogs. No one wondered if dog owners had similar concerns."

It's still that way. In the four months since McLean and her business partner, Lorraine Westermann, opened their Calgary clinic, there remain no other dogs-only clinics in Canada. "They all have unique personalities," says McLean, herself an owner of two Rhodesian Ridgebacks. "We try to treat our four-legged guests like the individuals they are, and it keeps us very busy."

The clinic's services include puppy and senior dog exams, vaccinations, behaviour consultations, dental care, spaying and neutering, nutritional counselling, and preparation of travel and boarding documents. All of this is hard work, but for McLean and Westermann, it's also a calling.

COMSTOCK/THINKSTOCK

Says McLean: "If I'm going to work hard to build a business, it better be so I can do what makes me happy. And I rarely meet a dog I don't like."

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Presented by Cheryl Wittevrongel, Certified Professional Dog Trainer (CPDT-KA)

Happy Tails Dog Training. www.happytailsdogtraining.ca

Email: cheryl@happytailsdogtraining.ca

MYTHS OF DOG TRAINING

Everyone wants to have a happy and well-behaved dog. But some training methods can be counter-productive, says Cheryl Wittevrongel, a Certified Professional Dog Trainer (CPDT-KA) and owner of Happy Tails Dog Training in Calgary. Here are three training myths along with ways to get you — and your dog — the results you want.

MYTH #1: You are the boss and your dog will always do what you want. "Dogs will do what is advantageous for them, so give them a good reason to choose the behaviours you want them to do," says Wittevrongel. For example, your dog will happily sit and wait for your permission at his food dish if he has learned that doing this will earn him access to eat as his reward.

MYTH #2: Fear is a great trainer. Forcing a dog to face what he fears (for example, being close to other dogs when he's actually afraid of them) is extremely stressful and may worsen the issue. "Work at a far enough distance from other dogs so that the dog feels comfortable, and repeatedly provide fantastic rewards when the 'scary thing' is around," says Wittevrongel. Eventually, your dog will look forward to seeing the 'scary things.'

MYTH #3: TV training methods are the best. "Well-intentioned dog owners can actually cause more damage when they try to implement some of the 'solutions' they've seen on TV without a proper understanding of their dog's behavior," says Wittevrongel. For an accurate assessment of your dog's behaviour and an appropriate and tailored training program, consult with a Certified Professional Dog Trainer (CPDT).

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Swim, drink, rock out

Environmental water group pairs people's love of music with their aims to protect Canadian water

BEN KNIGHT
GREEN@METRONEWS.CA

"It's a partnership, really, between artists and activists — sharing great music."

That's Mark Mattson, president of the Lake Ontario Waterkeeper organization, describing the Swim Drink Fish Music Club. For a $10 annual fee, music lovers concerned about the environment get to download new and special songs — from Gord Downie, Bruce Cockburn and a wide range of emerging and indie artists.

"The name represents swimmable, drinkable, fishable water," Mattson explains.

"The artists give us exclusive tracks, we put them up on the club and share them with anyone who's a member. They can put these songs on their iPods and computers and keep them forever. There's over 75 tracks now — unique and varied."

The membership money supports the work of your local waterkeeper.

So what's a waterkeeper?

"We're part of the Waterkeeper Alliance, that's headed up by Robert Kennedy, Jr.," says Mattson, who's also an experienced criminal lawyer.

"We have a fulltime person on the water, protecting and celebrating the lake. We use democratic tools to do that. We'll go to court, to environmental-assessment processes, bringing evidence, etcetera. But we also do things like Swim Drink Fish Music."

The music club started in 2009, and is supported by a wide variety of concerned musicians.

"Music has been a big part of the Waterkeeper Alliance, because we're so close to the communities along the lakes and rivers, and so many musicians and artists live there. Fraser River Waterkeeper is involved in British Columbia, also the Ottawa River Waterkeeper, and we're expanding to Miami — the Biscayne Waterkeeper — in the next couple of weeks."

It's an intriguing way of supporting the environment, while broadening your music collection with some sensational sounds — like Gord Downie and the Sadies teaming up to cover Randy Newman's haunting flood song, Louisiana.

"We're hoping that all 130 waterkeepers across North America will soon be involved. There'll be more and more music coming from different regions, really linking both the environmentalists and the artists together, I'm hoping we'll find some synergy there."

For more info — or to join: swimdrinkfishmusic.com

▶ Gord Downie

Who are they?

From big names, to local talents, they're all helping with the Swim Drink Fish Music Club

- **Big names** For a low annual fee, club members have exclusive access to an ever-growing catalogue new songs from a wide range of recording artists — including Bruce Cockburn, Pete Seeger and Tragically Hip frontman Gord Downie.
- **Local talent** Western Canada is well-represented in the Swim Drink Fish Music Club. Contributing acts include Paper Moon from Winnipeg, Vancouver's Belinda Bruce and Arctic rockers White Walls, from Yellowknife.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Mark Mattson, president of Ontario Waterkeeper, has found a way to use people's love of music to empower their projects to help Canadian waterways.

GET BETTER RECEPTION ON CELLPHONE RECYCLING

Where we can recycle an old cellphone?
Steven of Toronto, Ont.

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Here's an easy website to remember, recyclemycell.ca. You can find a drop-off location in your area.

Worldwide, there are about eight million cell phone users.

The truth is that about 96 per cent of the materials in mobile devices are recyclable.

But the reality is that only 12 per cent of used mobile devices are being recycled in Canada.

Where are the rest? Probably sitting in a drawer at home — you know the one — or maybe thrown out.

Recycle My Cell accepts cellphones, smartphones, wireless PDAs and pagers.

The brand or condition of the device doesn't matter, and the service is free. They also accept rechargeable batteries, chargers and other accessories. London Drugs has also committed to "bring back the pack" program.

Their in-store recycling program accepts packaging but also cellphones, batteries, disposable cameras and small appliances (purchased at London Drugs).

Recycling fees might apply to items not purchased from the store.

Find out more about the program at LondonDrugs.org.

And before you purchase a new mobile device, check out Greenpeace's Guide to Greener Electronics.

It ranks the top 18 manufacturers of mobile phones, computers, TVs and games consoles according to their policies on toxic chemicals, recycling and climate change.

To date, Nokia and Sony Ericsson are leading the pack with Microsoft, Nintendo and Toshiba picking up the rear.

See more at Greenpeace.org/electronics.

David Suzuki Foundation

Canadian paddles to 2 golds

Vincent-Lapointe defends title over 200 metres Three golds for Canada at world championships

Canada's Laurence Vincent-Lapointe beat a strong field to win the women's C-1 200 metres yesterday, claiming her second gold medal at the world canoe and kayak championships.

The 19-year-old paddler from Trois-Rivieres, Que., crossed in 48.876 seconds to defend her world title in the non-Olympic event. Maria Kazakova of Russia was second, while Staniliya Stamenova of Bulgaria won the bronze.

"I was caught off guard by the fast start by the field and that made me more nervous during the race," Vincent-Lapointe said. "My arms were really burning up as I approached the finish line. This was the strongest field I'd ever faced."

The Canadian's victory came a day after she and Mallorie Nicholson of Oakville, Ont., took gold in the C-2 500-metre final.

The win was Canada's third at the world championships. Adam van Koeverden of Oakville started things off with a victory in the men's K-1 1,000 on Friday.

Mark De Jonge of Halifax earned an Olympic quota spot for Canada with his sixth-place finish in the men's K-1 200 metres.

"It was a very satisfying race," said De Jonge. "I had known since May I was going to race this event at worlds so it was a long build-up practising every day with the objective to get the Olympic spot for Canada. It was a good feeling to deliver when it was time."

"We're always communicating to each other in the boat but this time it was impossible. I couldn't hear myself think, the crowd was so into the race, it was really intimidating."
LAURENCE VINCENT-LAPOINTE, ON SATURDAY'S C-1 500-METRE FINAL

Piotre Siemionowski of Poland won the gold. Britain's Edward McKeever was second, while Germany's Ronald Rauhe was third.

Canada earned three Olympic quota spots at the world championships. The final opportunity to gain spots will be at the Pan American Games in October in Mexico.

"Certainly we had some athletes who were hoping for better results, but we had several boats which were very competitive," said Barney Wainwright, CanoeKayak Canada's high-performance director. "We've learned a lot and now we have to turn around focus quickly to the Pan Am Games."

In other non-Olympic events, Mark Oldershaw of Burlington, Ont., was fifth in the C-1 5,000 while Van Koeverden was fifth in the K-1 5,000.

THE CANADIAN PRESS

BELA SZANDELSZKY/THE ASSOCIATED PRESS

▶ Laurence Vincent-Lapointe smiles after winning the women's C1 200-metres final race yesterday at the Canoe Sprint World Championships in Szeged, Hungary.

Jays one-hit A's in rookie's debut start

Luis Perez pitched brilliantly in his first big-league start, combining with Casey Janssen on a one-hitter, and Jose Bautista connected for his majors-best 36th home run to send the Toronto Blue Jays over the Oakland Athletics 1-0 yesterday.

Bautista broke up a scoreless game with a deep drive into the left-field bleachers on the 10th pitch he saw from Guillermo Moscoso (6-7) leading off the seventh.

THE ASSOCIATED PRESS

THEARON W. HENDERSON/GETTY IMAGES

▶ Luis Perez

POST-GAME SHOOTING

NFL fan still in hospital

Police interviewed witnesses and looked for suspects yesterday after two men were shot and wounded following a San Francisco 49ers-Oakland Raiders pre-season game, while the NFL and the mayors of the two cities jointly called for an end to "intimidation" and acts of violence at sporting events.

A 24-year-old man, who reportedly was wearing a "F--- the Niners" T-shirt, remained hospitalized in serious condition yesterday after being shot several times in the stomach.

THE ASSOCIATED PRESS

4 sports

Quoted

"The good thing is there's a week, eight days to the start of the Open. I'm confident I can recover and be ready for the U.S. Open."
NOVAK DJOKOVIC, AFTER HE WAS FORCED TO RETIRE IN THE SECOND SET YESTERDAY AT THE WESTERN AND SOUTHERN OPEN BECAUSE OF A SORE RIGHT SHOULDER.

Scan code for more sports news.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	77	48	.616	—
Boston	77	49	.611	½
Tampa Bay	69	56	.552	8
Toronto	65	62	.512	13
Baltimore	47	77	.379	29½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	68	58	.540	—
Cleveland	62	61	.504	4½
Chicago	63	63	.500	5
Minnesota	55	71	.437	13
Kansas City	52	76	.406	17

WEST DIVISION

	W	L	Pct	GB
Texas	73	55	.570	—
Los Angeles	69	59	.539	4
Oakland	57	70	.449	15½
Seattle	53	72	.424	18½

Last night's results

Detroit 8, Cleveland 7

Tampa Bay 8, Seattle 7

Boston 6, Kansas City 1

N.Y. Yankees 3, Minnesota 0

Chicago White Sox 10, Texas 0

L.A. Angels 7, Baltimore 1

Toronto 1, Oakland 0

Saturday's results

Detroit 10, Cleveland 1

Kansas City 9, Boston 4

Minnesota 9, N.Y. Yankees 4

Tampa Bay 8, Seattle 0

Chicago White Sox 3, Texas 2

L.A. Angels 9, Baltimore 8, 12 innings

Oakland 5, Toronto 1

Tonight's games

Seattle (Vargas 7-11) at Cleveland (Carmona 6-12), 7:05 p.m.

Detroit (Verlander 18-5) at Tampa Bay (Niemann 8-4), 7:10 p.m.

Boston (Bedard 4-8) at Texas (C.Wilson 12-5), 8:05 p.m.

Baltimore (Britton 6-9) at Minnesota (Pavano 6-9), 8:10 p.m.

Tomorrow's games

Seattle at Cleveland, 1:05 p.m., 1st game

Oakland at N.Y. Yankees, 7:05 p.m.

Seattle at Cleveland, 7:05 p.m., 2nd game

Kansas City at Toronto, 7:07 p.m.

Detroit at Tampa Bay, 7:10 p.m.

Boston at Texas, 8:05 p.m.

Baltimore at Minnesota, 8:10 p.m.

Chicago White Sox at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	81	44	.648	—
Atlanta	76	52	.594	6½
Washington	61	64	.488	20
New York	60	66	.476	21½
Florida	57	70	.449	25

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	76	52	.594	—
St. Louis	67	60	.528	8½
Cincinnati	62	65	.488	13½
Pittsburgh	59	66	.472	15½
Chicago	56	71	.441	19½
Houston	42	85	.331	33½

WEST DIVISION

	W	L	Pct	GB
Arizona	69	58	.543	—
San Francisco	68	60	.531	1½
Colorado	60	68	.469	9½
San Diego	59	70	.457	11
Los Angeles	57	69	.452	11½

Yesterday's results

Atlanta 1 Arizona 0

Cincinnati 5 Pittsburgh 4

Colorado 5 L.A. Dodgers 3

Milwaukee 6 N.Y. Mets 2

San Diego 4 Florida 3

San Francisco 6 Houston 4 (11 innings)

Washington 5 Philadelphia 4 (10 innings)

St. Louis 6 Chicago Cubs 2

Saturday Results

Atlanta 8 Arizona 1

Chicago Cubs 3 St. Louis 0

Colorado 7 L.A. Dodgers 6 (13 innings)

Houston 7 San Francisco 5

Milwaukee 11 N.Y. Mets 9

Philadelphia 5 Washington 0

Pittsburgh 5 Cincinnati 3

San Diego 14 Florida 1

Today's games

Milwaukee (Narveson 8-6) at Pittsburgh (Karstens 9-6), 5:05 p.m. (1st game)

Arizona (J.Saunders 8-10) at Washington (Detwiler 1-3), 7:05 p.m.

N.Y. Mets (Niese 11-10) at Philadelphia (Cl.Lee 13-7), 7:05 p.m.

Atlanta (Jurrjens 12-5) at Chicago Cubs (Dempster 10-8), 8:05 p.m.

L.A. Dodgers (Eovaldi 1-1) at St. Louis (C.Carpenter 8-8), 8:15 p.m.

Milwaukee (Greinke 12-4) at Pittsburgh (Lincoln 0-0), 8:35 p.m. (2nd game)

Houston (Myers 3-12) at Colorado (Chacin 9-10), 8:40 p.m.

Tomorrow's games

Arizona at Washington, 7:05 p.m.

Milwaukee at Pittsburgh, 7:05 p.m.

N.Y. Mets at Philadelphia, 7:05 p.m.

Cincinnati at Florida, 7:10 p.m.

Atlanta at Chicago Cubs, 8:05 p.m.

L.A. Dodgers at St. Louis, 8:15 p.m.

Houston at Colorado, 8:40 p.m.

San Diego at San Francisco, 10:15 p.m.

BLUE JAYS 1, ATHLETICS 0

Toronto	ab	r	h	bi	Oakland	ab	r	h	bi
A.Hill 2b	4	0	1	0	JWeeks 2b	4	0	1	0
EThms lf	4	0	0	0	Crisp cf	4	0	0	0
Bautist rf	3	1	2	1	Matsui dh	4	0	0	0
Encrnc 1b	4	0	0	0	Wlngh lf	3	0	0	0
Rasms cf	3	0	0	0	Allen 1b	2	0	0	0
Lawrie 3b	3	0	0	0	CJcksn rf	3	0	0	0
Teahen dh	3	0	0	0	Pnngtn ss	2	0	0	0
Arencii c	3	0	1	0	KSuzuk c	3	0	0	0
JMcDnl ss	3	0	0	0	SSizmr 3b	1	0	0	0
Sweeny ph	1	0	0	0					
Sogard 3b	0	0	0	0					
Totals	**30**	**1**	**4**	**1**	**Totals**		**27**	**0**	**1**	**0**

Toronto					000	000	100	1	
Oakland					000	000	000	0	

DP—Toronto 1. LOB—Toronto 3, Oakland 3. 2B—Arencibia (14). 3B—Bautista (2). HR—Bautista (36). CS—A.Hill (3).

	IP	H	R	ER	BB	SO
Toronto						
L.Perez W,3-2	6	1	0	0	2	4
Janssen S,2-3	3	0	0	0	1	5
Oakland						
Moscoso L,6-7	8	3	1	1	1	7
De Los Santos	1	1	0	0	0	0

Umpires—Home, Todd Tichenor; First, Mike Estabrook; Second, Greg Gibson; Third, Gerry Davis.

T—2:30. A—16,811 (35,067).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Lawrie	52	8	18	3	10	.346
Bautista	393	90	124	35	79	.316
Molina	129	17	39	2	11	.302
Escobar	450	68	129	10	41	.287
Encarnacion	365	55	103	12	39	.282
Thames	224	36	61	8	27	.272
Lind	396	49	104	22	72	.263
McDonald	165	19	42	2	20	.255
Davis	320	44	76	1	29	.238
Rasmus	82	11	19	3	12	.232
Hill	392	38	88	6	45	.224
McCoy	81	11	18	1	5	.222
Arencibia	344	38	73	19	57	.212
Teahen	130	12	25	4	12	.192
PITCHERS	**W**	**L**	**SV**	**IP**	**SO**	**ERA**
McCoy	0	0	0	1.0	0	0.00
Janssen	4	0	1	38.0	37	2.37
Romero	12	9	0	175.0	147	2.73
Perez	2	2	0	43.2	37	3.71
Francisco	1	4	1	0 37.2	40	4.06
Litsch	4	3	1	59.2	51	4.22
Cecil	4	6	0	91.1	64	4.24
Villanueva	6	3	0	97.2	63	4.24
Alvarez	0	1	0	16.2	10	4.32
Morrow	9	7	0	132.2	154	4.41
Rauch	5	4	11	50.1	35	4.47
Camp	1	2	1	53.1	26	4.56
Ledezma	0	0	0	3.0	5	9.00
Lewis	0	0	0	0.1	0	27.00

Not including last night's game

LACROSSE

MINTO CUP

CANADIAN JUNIOR CHAMPIONSHIP

At Okotoks, Alta.

Yesterday's results

Coquitlam 14 Whitby 8

Edmonton vs. Okotoks

Saturday's results

Coquitlam 12 Edmonton 6

Whitby 17 Okotoks 7

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	11	7	7	29	24	40
Kansas City	25	9	7	9	36	31	36
Houston	26	8	7	11	34	32	35
Philadelphia	24	8	6	10	30	24	34
New York	26	6	6	14	41	37	32
D.C. United	24	7	7	10	34	35	31
Chicago	25	3	7	15	28	33	24
New England	26	4	11	11	26	39	23
Toronto	27	4	12	11	25	48	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	26	14	3	9	37	20	51
Seattle	26	12	5	9	36	27	45
Dallas	26	12	7	7	33	27	43
Colorado	27	10	6	11	39	34	41
Real Salt Lake	23	10	7	6	32	20	36
Chivas USA	25	7	8	10	32	28	31
Portland	25	8	12	5	32	41	29
San Jose	25	5	10	10	26	34	25
Vancouver	25	3	13	9	26	42	18

Note: Three points for a win, one for a tie.

Yesterday's results

Chicago 2 Toronto 0

Kansas City 1 D.C. United 0

Saturday Results

Portland 2 Vancouver 1

Chivas USA 2 Colorado 2

Columbus 2 Philadelphia 1

Houston 3 Real Salt Lake 2

Los Angeles 2 San Jose 0

New England 2 New York 2

Seattle 1 Dallas 0

ENGLAND

PREMIER LEAGUE

Yesterday's results

Norwich 1 Stoke 1

Wolverhampton 2 Fulham 0

Bolton 2 Manchester City 3

LEAGUE CHAMPIONSHIP

Yesterday's results

West Ham 2 Leeds 2

Middlesbrough 3 Birmingham 1

FRANCE

LIGUE 1

Yesterday's results

Marseille 0 Saint-Etienne 0

Montpellier 4 Rennes 0

Nancy 1 Sochaux 2

Paris Saint-Germain 2 Valenciennes 1

GERMANY

BUNDESLIGA

Yesterday's results

Hannover 1 Hertha Berlin 1

Mainz 2 Schalke 4

NETHERLANDS

EREDIVISIE

Yesterday's results

ADO The Hague 0 PSV Eindhoven 3

AZ Alkmaar 4 NEC Nijmegen 0

Heracles Almelo 1 Feyenoord 1

VVV-Venlo 2 Ajax 2

PORTUGAL

LIGA

Yesterday's results

Academica 1 Rio Ave 0

Beira Mar 0 Sporting Lisbon 0

Braga 2 Maritimo 0

Pacos Ferreira 2 Leiria 1

SCOTLAND

PREMIER LEAGUE

Yesterday's results

Celtic 0 St. Johnstone 1

Kilmarnock 0 Hearts 0

Motherwell 0 Rangers 3

TENNIS

ATP-WTA WESTERN & SOUTHERN OPEN

At Mason, Ohio

Men

Singles

Championship

Andy Murray (4), Britain, def. Novak Djokovic (1), Serbia, 6-4, 3-0 (retired).

Doubles

Championship

Mahesh Bhupathi and Leander Paes (3), India, def. Michael Llodra, France, and Nenad Zimonjic (4), Serbia, 7-6 (4), 7-6 (2).

Women

Singles

Championship

Maria Sharapova (4), Russia, def. Jelena Jankovic (13), Serbia, 4-6, 7-6 (3), 6-3.

Doubles

Championship

Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, def. Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, 6-4, 3-6, 11-9 tiebreak.

CFL

WEEK EIGHT

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	7	6	1	0	182	130	12
Montreal	7	5	2	0	222	156	10
Hamilton	7	4	3	0	189	176	8
Toronto	8	2	6	0	184	233	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	7	5	2	0	194	172	10
Edmonton	8	5	3	0	174	190	10
B.C.	8	2	6	0	203	203	4
Saskatchewan	8	1	7	0	165	253	2

Byes: Calgary, Hamilton, Montreal, Winnipeg

Friday Result

B.C. 36 Edmonton 1

Thursday Result

Toronto 24 Saskatchewan 18

WEEK NINE

Byes: B.C., Edmonton, Saskatchewan, Toronto

Friday, Aug. 26

Hamilton at Winnipeg, 8 p.m.

Saturday, Aug. 27

Montreal at Calgary, 4 p.m.

GOLF

PGA-WYNDHAM CHAMPIONSHIP

At GREENSBORO, N.C.

Par 70

Final round

Webb Simpson, $936,000	66-65-64-67—262
George McNeill, $561,600	65-70-66-64—265
Tommy Gainey, $353,600	63-65-69-69—266
Charles Howell III, $196,040	69-65-66-67—267
Jerry Kelly, $196,040	67-66-69-65—267
Kyung-tae Kim, $196,040	69-67-65-66—267
Carl Pettersson, $196,040	65-70-63-69—267
Vijay Singh, $196,040	65-69-68-65—267
Jim Furyk, $140,400	65-67-69-67—268
Chez Reavie, $140,400	66-69-68-65—268
Camilo Villegas, $140,400	70-64-68-66—268
Jason Bohn, $101,920	65-68-67-69—269
Joe Durant, $101,920	67-70-67-65—269
Davis Love III, $101,920	70-67-66-66—269
John Mallinger, $101,920	68-65-65-71—269
Scott McCarron, $101,920	68-67-69-65—269
Retief Goosen, $65,780	67-65-68-70—270
Justin Leonard, $65,780	66-67-68-69—270
Pat Perez, $65,780	68-69-68-65—270
Tim Petrovic, $65,780	68-66-67-69—270
Aron Price, $65,780	72-65-68-65—270
Heath Slocum, $65,780	70-64-67-69—270
Daniel Summerhays, $65,780	66-65-68-71—270
David Toms, $65,780	66-70-69-65—270
Tim Herron, $40,560	65-68-68-70—271
Jarrod Lyle, $40,560	68-66-69-68—271
John Rollins, $40,560	67-67-68-69—271
Josh Teater, $40,560	70-66-69-66—271
Michael Thompson, $40,560	68-69-66-68—271
Blake Adams, $28,964	68-65-70-69—272
Stuart Appleby, $28,964	64-67-70-71—272
Briny Baird, $28,964	68-69-68-67—272
Ernie Els, $28,964	65-66-69-72—272
Lucas Glover, $28,964	70-65-69-68—272
Billy Horschel, $28,964	67-67-66-72—272
Brandt Jobe, $28,964	69-67-67-69—272
Marc Leishman, $28,964	68-68-67-69—272
Rod Pampling, $28,964	68-69-66-69—272
Alexandre Rocha, $28,964	66-66-70-70—272
Kris Blanks, $19,240	69-65-69-70—273
Brendon de Jonge, $19,240	69-67-65-72—273
Tom Gillis, $19,240	68-68-68-69—273
Bill Lunde, $19,240	67-67-68-71—273
Will MacKenzie, $19,240	68-65-71-69—273
Nick O'Hern, $19,240	68-68-67-70—273
Kevin Stadler, $19,240	69-65-68-71—273
Chad Campbell, $13,749	68-67-68-71—274
Paul Casey, $13,749	65-67-69-73—274

NFL

PRE-SEASON

Sunday's results

N.Y. Jets 27, Cincinnati 7

San Diego 20 Dallas 7

Saturday's results

Denver 24 Buffalo 10

Houston 27 New Orleans 14

Minnesota 20 Seattle 7

San Francisco 17 Oakland 3

St. Louis 17 Tennessee 16

Friday's results

Baltimore 31 Kansas City 13

Detroit 30 Cleveland 28

Green Bay 28 Arizona 20

Jacksonville 15 Atlanta 13

Miami 20 Carolina 10

Washington 16 Indianapolis 3

Thursday's results

New England 31 Tampa Bay 14

Pittsburgh 24 Philadelphia 14

Tonight's games

Chicago at N.Y. Giants, 8 p.m.

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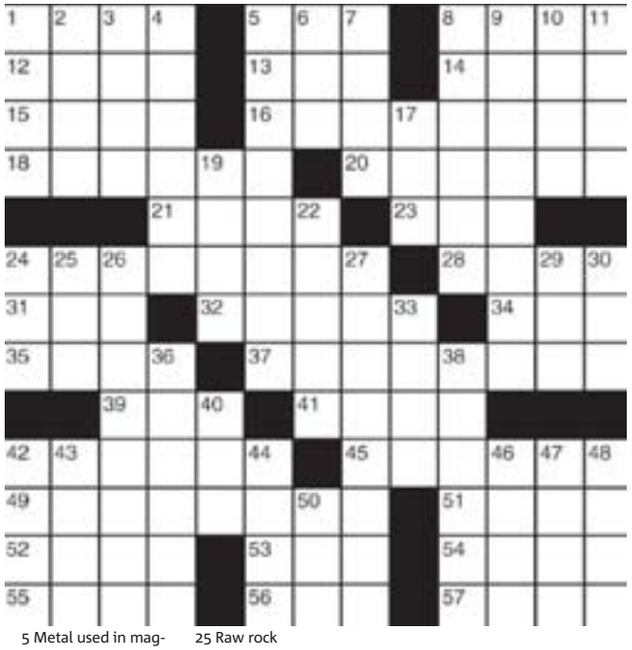
Crossword



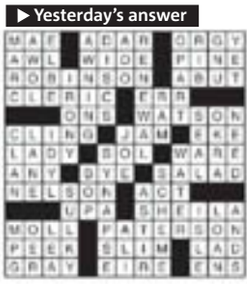
Across

1 Reason to scratch
5 Droop
8 "Arrivederci, —"
12 "Scat, gnat!"
13 Oklahoma city
14 Dutch cheese
15 Admonition to Nanette
16 Popular board game
18 Cold, treeless terrain
20 Folklore figures
21 Part mine, part yours
23 Consumed
24 Obelisk, e.g.
28 Use a swizzle stick
31 Paid athlete
32 Continental money
34 Historic period
35 Mannered man
37 Pocket embroidery, maybe
39 Scatter seeds
41 Horseback game
42 Headache aid
45 Deodorant type
49 Carbon —
51 Queen of Carthage
52 As well
53 Regret
54 Love child?
55 Encounter
56 — Angeles
57 Quaint "not"

Down

1 "— that cute?"
2 Biblical pronoun
3 Mass. neighbor
4 Hex
5 Metal used in magnets
6 Commotion
7 Group of hoodlums
8 Moves a fern, maybe
9 Device measuring distance traveled
10 Having XY chromosomes
11 Poehler and Adams
17 — shoestring
19 Regulation
22 Razor sharpener
24 Gasoline stat
25 Raw rock
26 Baloney
27 Award winners
29 A Gershwin
30 Aries
33 Unaccompanied
36 Additionally
38 — Gate Bridge
40 Candle material
42 Mosque VIP
43 Composer Porter
44 Young female
46 Old Italian money
47 Smell
48 Inquisitive
50 Pair on stage

▶ Yesterday's answer



Sudoku

	2	6	1					4
				7	8		3	9
	7	3						
		1		4				2
	3						1	
7				5		3		
						8	7	
1	9		5	8				
6					3	9	5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	1	9	8	5	4	2	3	7
5	2	3	7	1	9	4	6	8
4	8	7	2	3	6	9	5	1
2	6	5	3	9	1	7	8	4
1	3	8	4	2	7	6	9	5
7	9	4	5	6	8	3	1	2
9	7	2	6	8	5	1	4	3
3	5	1	9	4	2	8	7	6
8	4	6	1	7	3	5	2	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Princess - Sweetie, how r you? Why r u mad at me? You know I love you n miss you crazy. Hopefully things are OK with you. How much I miss that lovely face, blue eyes n big smile of you, you have no clue! Take care pl...have lovely weekend. Sending you love, kiss, hugs n prayers. Sleep well, lots of rest pl. **FROM MISSING MY HEARTBEAT**

Alyssa B without saying anything. The way you hug me. The way your smile brightens the room. The way we have the most fun random times together. The way you say you miss me after not seeing me for only a couple of days. The way you let me hold your hand. The way you care so much about me. The way you dress. The way you sing in the car. Everything you do makes me fall for you. and I don't think you have a clue! **FROM ERIC M**

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 6° Max 29°	Min 7° Max 24°	Min 11° Max 26°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 A parting of the ways looks increasingly likely and if you are smart you won't try to stop it.

♉ Taurus April 21-May 21 You can sense that your life is about to become a lot more fun – and you're right, it is.

♊ Gemini May 22-June 21 Most of the time your head rules your heart but today your feelings will be much more intense than usual.

♋ Cancer June 22-July 22 You will make more sense of your life when the Sun changes signs tomorrow.

♌ Leo July 23-Aug.23 Watch what you spend over the next 24 hours – you're going to need every last cent.

♍ Virgo Aug. 24- Sept. 22 The Sun moves into your birth sign tomorrow. Is that good news? Too right!

♎ Libra Sept. 23-Oct. 23 You seem rather unsure of yourself at the moment. Why is that?

♏ Scorpio Oct. 24-Nov. 22 Before you commit yourself to something new make sure you have a get-out clause, because what looks like a great deal today won't look so good tomorrow.

♐ Sagittarius Nov. 23-Dec. 21 If you are a Sagittarius with big ambitions you could hardly ask for a better cosmic set-up.

♑ Capricorn Dec. 22-Jan. 20 Your confidence is on the rise

♒ Aquarius Jan. 21-Feb. 18 Make the most of the week to come because the Sun's change of signs will bring new openings and opportunities.

♓ Pisces Feb. 19-March 20. You could probably do with a rest. So have one. **SALLY BROMPTON**

Caption contest

RAJANISH KAKADE/ THE ASSOCIATED PRESS

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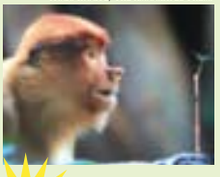

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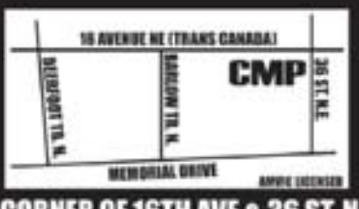

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MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-5PM